

5-10-1989

## TODAY - May 10, 1989

Loma Linda University Health

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Nearly 600 area residents attended Health Fair Expo at Loma Linda University's Gentry Gymnasium on April 30. Participating in the opening ceremonies were (left to right) Edwin Krick, MD, dean, School of Public Health; Eva Miller, associate professor of nursing and coordinator of the health fair; Helen King, PhD, dean, School of Nursing; Elmer Digneo, mayor, city of Loma Linda; the president of the Loma Linda Chamber of Commerce, Norman J. Woods, PhD, president, Loma Linda University; Thomas Zirkle, MD, senior vice president, Loma Linda University Medical Center; and Judson Klooster, DDS, dean, School of Dentistry.

## Successful Health Fair Expo at LLU screens nearly 600 visitors

Almost 600 area residents turned out for the Health Fair Expo held at Loma Linda University's Gentry Gymnasium on Sunday, April 30, 1989, reports

Eva Miller, RN, site coordinator. Ms. Miller is an associate professor of nursing in the School of Nursing.

Screening for vision, blood pressure, height and weight, and optional blood panels were offered, as well as learning centers for heart health and AIDS. Faculty and students from the School of Allied Health Professions assisted in administering nutritional assessments, hearing screenings, and pulmonary function tests.

Other screenings included: colo-rectal, by the department of internal medicine, School of Medicine; glaucoma, by the department of ophthalmology,

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MAY 11 1989

*Offering advantages to the patient*

## Clearview program adds intensive program for chemical dependents

A new intensive outpatient program for chemical dependents has recently been added at Clearview, a division of Loma Linda Center for Health Promotion, announces the Center's director, Richard Hart, MD, DrPH. Clearview is located at 1887 Business Center Drive, Suite 3, in San Bernardino.

This intensive outpatient program offers several advantages to the patient. Since classes are held Monday through Thursday from 6 p.m. to 10 p.m., patients can remain in the family setting during the treatment program, and continue working at their jobs. The cost of the outpatient program, \$3,500, is considerably less than most hospital inpatient programs, which may run anywhere from \$12,000 to \$20,000. Clearview receives referrals from employee assistance programs, physicians, clergy, family members, and self-referrals. "When someone comes to us for help, we assess that person's needs to ensure that they are placed in the best possible environment for their recovery," states Kathy Lewis, program director. "The intensive outpatient program works well in most cases, but other times we recommend the patient to an inpatient or other appropriate program."

Although Clearview's intensive outpatient program is unique to the San Bernardino community, similar programs have worked

well throughout the US. Clearview utilizes a variety of techniques to great individuals with life threatening addictions. These methods include group therapy, family therapy, education, relaxation exercises, stress management, and relapse education. The philosophy of 12-step programs forms the basis of Clearview.

Studies have shown that families, work associates, and significant others may contribute to the dependent's addictive behavior through "co dependency." Wednesday night is "family night" at Clearview, when the family interacts with the dependent in a group setting. Friday

mornings, family members attend co dependency group therapy sessions. Counselors help them in discovering their own addictive behaviors and ways they may begin their own process of recovery.

In addition to the week night meetings, Clearview patients are required to attend weekend meetings with Alcoholics Anonymous, Cocaine Anonymous, or Narcotics Anonymous, depending upon the patient's particular needs.

Most insurance plans cover chemical dependency recovery programs. For more information, call Clearview at (714) 824-2957.



Kathy Lewis is the intensive outpatient program director for Clearview's chemical dependency rehabilitation unit. Clearview offices are located on Business Center Drive, off Hospitality Lane, in San Bernardino.

## World Museum of Natural History to sponsor summer tour of Channel Islands

From August 14 to 18, Loma Linda University's World Museum of Natural History will sponsor a tour of the Channel Islands, the chain of islands lying 25 miles off the Southern California coast, near Ventura.

In his book about the Channel Islands, Peter C. Haworth says, "Channel Islands National Park whispers on the wind, conjuring up images in the mind of what California must have been like before the first sail appeared on the horizon. Written on a thousand rugged cliffs, its history lingers for all to read."

"Every living organism carries the legacy, from the stately ironwood tree to the curious island

fox. At every turn, another look reveals a natural world all but gone on the nearby mainland."

For many years, the islands were off-limits to the public because they were either private property or part of the Pacific Missile Range, Point Mugu. These factors preserved the islands from development, but incidents such as the oil spill in the Santa Barbara Channel in 1969 caused many to desire that they be set aside as a national park.

Action by the Federal Government and the Nature Conservancy was swift, and today the islands are available to visitors on a limited basis.

Considered by some scientists to be on a par with the Galapagos Islands off Peru in terms of their large variety of wildlife, the five islands are noted for their eleven species of seabirds and several different kinds of seals and sea lions.

These animals are at home on the rocky shore and coastline, as is the diminutive Channel Island Fox, of which the University Museum has several specimens. In addition to being a national park, the Channel Islands are also at the heart of a marine sanctuary, boasting 1,250 square nautical miles encircling the Islands.

*Please turn to page 16*



## Slim Suit sales will benefit School of Medicine research

A new 12-page catalogue featuring the Carol Wior "Slim Suit" designer collection has recently been completed.

The catalogue features a variety of swimming suits that will "take an inch or more off."

"In an attempt to aid the research and eventual cure of Lou Gehrig's disease (ALS), \$1.00 from every

purchase of a "Slimsuit" will be donated to ALS / immunology research at Loma Linda University Medical Center," says Carol Wior, owner of the Wior Corporation and designer of the swimsuit collection.

Individuals wishing to obtain a catalogue may write to Carol Wior Slimsuit Designer Collection, Box 58167, Los Angeles, CA 90058.

A recent unsolicited letter from Jerald Clifford, EdD, education director of the South Pacific Division of the Seventh-day Adventist Church, to Loma Linda University administrators details the value of the extended campus program to that Division.

"As dean of the School of Education," says Wallace D. Minder, EdD, "this letter is very gratifying and rewarding. Our faculty have extended a great deal of effort in bringing the program to that Division. To receive a report that the total Division took a unanimous vote to express their corporate appreciation is precedent-setting at the Division level."

The letter read: "At our recent Division Board of Education a brief report was given on the Loma Linda University extended campus program offered at Avondale College. A number of committee members expressed appreciation for this particular program and a unanimous vote was taken requesting me to express their corporate appreciation to the University and particularly to the School of Education for being willing to operate this extended campus program for the South Pacific Division."

"We know that this program will benefit our teachers and administrators as they take on added responsibilities and it will certainly bring strength to our educational

### Dr. Tucker named LS director of public affairs / advancement

At its April 20 meeting, the Loma Linda University Board of Trustees appointed Wendel Tucker, PhD, to the position of director of public affairs and advancement for the La Sierra campus.

Currently serving as principal of La Sierra Academy, Dr. Tucker will assume his duties in the department of public affairs and advancement on July 1, 1989. This position was left vacant nearly a year ago, when Ricky Williams, PhD, accepted his appointment to Columbia Union College.

According to R. Dale McCune, EdD, vice president and provost for La Sierra campus, the administration and board purposely delayed filling this vacancy in order to "have a better feel as to what form the organization of these important functions might take on this campus."

work and program in the South Pacific Division.

"This letter is just a brief note to convey to you our sincere appreciation both to the University and to your faculty at the School of Education."



Security director Lamarr Edwards, CPP, presents new officers Eric Cholly and Pete Wright with certificates for completion of K-9 training with the forces newest dogs, Django and Ex. Training is an intense one-month course of 12 to 16 hours a day. Imported from German, the dogs live with their officers' families as pets when not on duty.

**"No matter how bad they are, Grandma loves to hear the latest jokes."**



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## Clinical laboratory science students win California student bowl championships

Senior medical technology students of the department of clinical laboratory science in the Loma Linda University School of Allied Health Professions won the state student bowl championship in clinical laboratory science held April 14 in the Midtown Hilton Hotel in Los Angeles.

Sponsored by the California Society for Medical Technology, this competition was between 10 different teams in the state. The teams competed two at a time in such specialty fields of medical

technology as hematology, microbiology, clinical chemistry, immunology, and blood banking.

The Loma Linda team was one of four surviving teams from the semifinal competition held at Loma Linda University on March 18. The other three teams were from San Jose State University, Huntington Memorial Hospital, and Grossmont Hospital in La Mesa.

The Loma Linda University team was the only undefeated team in the finals, with wins of 85

to 35 over San Jose State University in the first round, followed by 100 to 25 over Huntington Memorial in the second round, and a come-from-behind victory of 85 to 75 over Huntington Memorial in the final round.

The Loma Linda team members, Michelle Schlunt (captain), Scott Ewert, Clayton Yamada, Erbe Palofax, and Ronald Tan (alternate), each received a certificate from the California Society for Medical Technology and a cash award donated by Nichols Institute of San Juan Capistrano.

A rotating team trophy, donated by Syva Corporation of Palo Alto, also was presented to the LLU team.

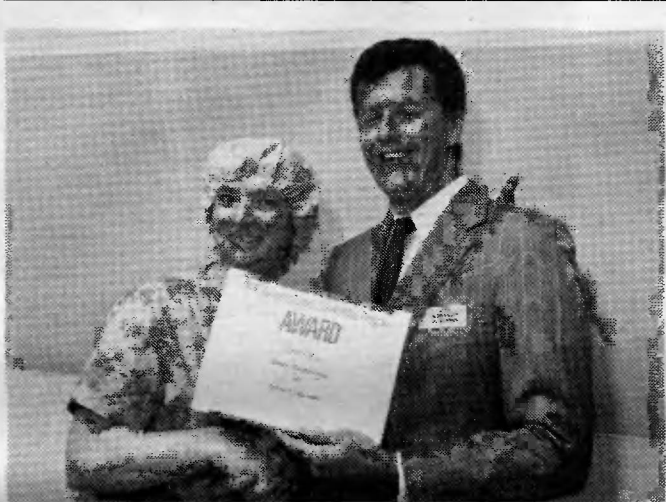
Team coordinator for the Loma Linda team was Sue Stock, assistant professor of medical technology; and the team coach was Ken Cantos, clinical instructor in medical technology, both from the department of clinical laboratory science in the School of Allied Health Professions.

A distinguished panel of judges directed the acceptance / rejection of question responses from the teams. The judges were Sally Palanos from Loma Linda University; Anita Mueller from the Los Angeles Red Cross Blood Bank; Pat Metz and Suzanne Heri from Childrens Hospital - Los Angeles; David Endress and Gerald Endahl from Los Angeles County, USC Medical Center; and Dr. Sydney Harvey from Nichols Institute.

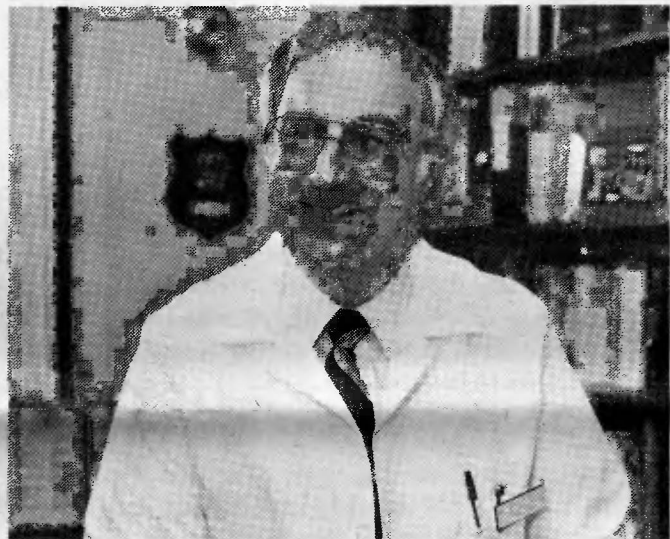
Kathleen McEnerney from  
*Please turn to page 6*



Surrounding the rotating team trophy awarded to School of Allied Health Professions senior medical technology students for winning the state student bowl championship in clinical laboratory science are (from left) Sue Stock, assistant professor and coordinator of team activities; Ken Cantos, instructor and team coach; Michelle Schlunt, team captain; and team members Scott Ewert, Clayton Yamada, and Erbe Palofax.



Dena Wintermeyer, RN, BS, orthopedic coordinator in the LLUMC operating room, receives a certificate from Chris Corp, sales representative for the professional health care division of Kimberly-Clark. Earlier, she received a \$300 scholarship check, one of 50 presented by Kimberly-Clark at the Association of Operating Room Nurses Congress held in Anaheim in February. The professional health care division of Kimberly-Clark manufactures nonwoven products for medical use, such as surgical gowns, packs, drapes, sterilization wrap, disposable linens, and protective aprons. Ms. Wintermeyer, who has been at the Medical Center for five years is working on an MBA degree. Her scholarship award is helping to pay for her school bill this quarter.



Donald R. Tredway, MD, PhD, has joined the medical staff at LLUMC as chief of the section of reproductive endocrinology and infertility in the department of gynecology and obstetrics. He is board-certified in infertility and reproductive endocrinology and is a diplomate of the American Board of Obstetrics as well as the National Board of Medical Examiners.



On April 23, the Loma Linda Branch of the American Cancer Society sponsored the Ninth Annual Cancer Buster Run at the Gentry Gym. There were 585 participants in this event, which included a 5K, 10K, 15K run, 10K racewalk, and 5K funwalk. This year the event had a special significance for the children on the pediatric oncology unit (5100). Families and friends were invited to run on behalf of a child with cancer. Each child at the event, as well as each hospitalized child, received a trophy and Cancer Buster Run T-shirt. LLU

students who ran for Candlelighters were paired with a hospitalized child and personally presented the child with his or her trophy and t-shirt. There were more than 100 runners present who sponsored children with cancer. Certificates were given to each sponsor in recognition of their efforts in the fight against cancer. The Inland Empire Chapter of Candlelighters, a national organization of parents whose children have or had cancer, organized this unique tribute to show support and caring for these special patients.

## Seminar set on sexual assault prevention

The Loma Linda University and Medical Center safety and security department presents "Lady Beware Sexual Assault Prevention Seminar," Tuesday, May 16, at 6 p.m. in Randall Visitor Center, northwest corner of University and Anderson Streets. The seminar will include a crime prevention expert, assault prevention film, and victims of rape sharing their stories.

## Interstitial cystitis group to meet May 21

The interstitial cystitis support group will meet on Sunday, May 21, at 1 p.m. in LLUMC Schuman Pavilion A605. George Dennis of TENS CARE Medical, Fountain Valley, will present "TENS Unit and I.C., Coping With the Pain Without Drugs." For more information, please contact Robin at 888-6468.





The second annual Hulda Crooks Gala was held Sunday evening, April 30, at the Maruko Hotel and Convention Center in San Bernardino. Hosted by Edwin H. Krick, MD, dean, School of Public Health, the evening featured music by (top left photo) Daniel Ardron Gerard Ardron, Dale Lamberton, and Dave Schrenk. The special feature for the evening was (top right photo) Fred Holliday, a television personality who has appeared on "Facts of Life," "Gimme a Break," and "Love Boat." (Photo, bottom row, left) Dean Krick

introduces Mrs. Crooks to the audience. Mrs. Crooks has climbed Mt. Whitney 22 times since the age of 64. She will be 93 later this month. (Photo, bottom row, center) Dr. Krick presents the Hulda Crooks Award of Achievement to Suzy Katz, the 1987-1988 "Mrs. America." Also receiving the Hulda Crooks Award of Achievement (bottom right photo) is 82-year-old Mavis Lindgren. Mrs. Lindgren has completed 52 marathons since the age of 70.

## ABLE program to offer BSW degree in social work

In their meeting on April 26, 1989, the Executive Committee of the College of Arts and Sciences gave approval for the department of psychology and the social work program to offer their bachelor of social work (BSW) degree as an evening adult degree program through the University's Center for Lifelong Learning (CLL).

For the past several months the Center has announced to its students that consideration was being given to such an offering, and the response has been favorable. Students are already taking the necessary prerequisite classes.

With this support for the program already in evidence, William Allen, PhD, director of the CLL, and Beverly Buckles, MSW, director of the social work program, requested and received permission from the Executive Committee to offer the BSW through the ABLE (Adult Baccalaureate and Life Experience) Program.

The social work program at LLU has been accredited by the Council on Social Work Education for 12 years. Now ABLE, the only program of its kind in the Inland Empire, will provide this degree by offering evening courses suitable for working

adults who want to keep their weekends free.

Adult students typically enter the ABLE Program with approximately two years of college completed and with work experience that can be used to accelerate their progress toward graduation. A portfolio process which provides credit for life and work experience, and traditional waiver and proficiency examinations, may also be used. The course sequence leading to the BSW requires eight academic quarters, including a field practicum which leads directly into the job market.

In addition to the new bachelor of social work degree, the Center for Lifelong Learning also offers adult evening degree programs in liberal arts (bachelor of arts), health science (bachelor of science), and a newly revised bachelor's degree in business administration. Both the La Sierra and Loma Linda campuses are used as sites for classes.

Applications for classes beginning in September are being processed now, and those interested should apply early for evaluation of transcripts and admission to the program. For a brochure describing any of these programs, contact the Center for Lifelong Learning by calling (714) 785-2300 or 1-800-422-4LLU.

# Campus Store annual SPRING SALE

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The Montessori program at Fairview Junior Academy has limited openings for children age five to twelve years. FJA offers individualize, homelike environment, enriched academic, hands-on, discovery learning program, and "country school" every Friday with nature, horses, gardening, etc. Parents are welcome. Open house will be all of May, 9 a.m. to 3 p.m., at FJA, 26200 Date St., Highland (15 minutes north of Loma Linda). Call 862-4019 or 862-3214 for application and entrance test dates. Pictured are 9-year-old students working on geography reports and volcano models.



## LLU music department schedules spring concerts

The Loma Linda University department of music will present several concerts during the last half May. On Saturday, May 20, the music department will present its annual concerto program, which will include a performance of Beethoven's *Piano Concerto No. 1*, the *Rheinberger Concerto for Organ*, with soloist Francis Chan, and the Dittersdorf Concerto for Harp with soloist Celia Chan. Other student soloists will include Edwin Rumbaoa, Mirna Cabrera, Heather Hessel, Nancy Villanueva, Elie Ghazal, Adrian Dumitrescu, and DeAnn Wong. The concert will be held in Hole Memorial Auditorium at 8:30 p.m. Tickets are \$5 for non-music majors.

The University Singers and the Men's Chorus, under the direction of Don Thurber, will present a free concert on Sunday, May 21, at 8:00 p.m. in Hole Memorial Auditorium.

The final program in the Chamber Concert Series will feature cellist Jeff Kaatz playing in the final of four recitals for his

doctorate in music from the University of Southern California. He will play Beethoven's *Sonata in D Major*, a Shostakovich Sonata, and Brahms' E minor Sonata, all for cello and piano, with pianist Kimo Smith. This program will be held in the Brandstater Gallery on Monday, May 22 at 8:00 p.m. Tickets are \$8.

For more information about these or any concerts sponsored by the department of music call 785-2036.

### Nursing / allied health students offered help

Florida Hospital Medical Center is offering a financial assistance package for nursing and allied health students.

They will offer up to 100 percent of tuition, books, entrance fees, and uniform costs, and will require as little as one year of time payback for every year of financial assistance.

For more information, call 1-800-327-1914, extension 1438.

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## SD faculty and students present at AADR meeting

Thirty-five faculty and students from the School of Dentistry made more than 20 presentations at the recent American Association of Dental Research held in San Francisco in March. Following are listed the participants and the titles of their papers.

"Porcelain Veneer Marginal Fidelity: Platinum Foil vs. Refractory Die Technique," J. A. Sorensen, J. M. Strutz, D. Matrodomini, and T. J. Jones; "Concentration of Prostaglandin E2 in Human Periapical Lesions," S. McNicholas, J. Blankenship, M. Torabinejad, T. Mindroui, and L. Bakland.

"Detection of Kinins in Human Periapical Lesions," M. Torabinejad, T. Mindroui, and L. Bakland; "Histologic and Histochemical Study of Healing Periapical Lesions," M. Torabinejad, Z. Davidovitch, and J. Kettering.

"Growth Factors IGF-I, SGF / IGF-II and TGF-beta in Human Dentin," R. D. Finkelman, S. Jepsen, S. Mohan, and D. J. Baylink; "Comparison of Two Sampling Methods of the Subgingival Microflora," K. Hagen, S. Jepsen, M. Crigger, U. Wikesjo, and R. Nilveus.

"A Comparison of Plaque Removal by Floss and Interproximal Brushes," R. Kiger, R. P. Feller, and K. Nylund; "Estimated Radiation Risks Associated with Endodontic Radiography," R. A. Danforth and M. Torabinejad.

"Periodontal Furcation Regeneration Comparing Dura Mater Membranes with Coronal Positioning," S. Garrett, M. Martin, and J. Egelberg; "EM Study of Effect of Intraligamental Injections on Human Pulp," M. Torabinejad, N. Peckham, R. J. Richardson, II, and L. Rentschler.

"Effect of Fitting Paste on Bond Strength of Composite/Porcelain," A. H. L. Tjan, J. R. Dunn, and B. E. Grant; "Resistance to Acid Seepage and Degradation of Glass Ionomer Liners," A. H. L. Tjan and J. R. Glancy.

"Reheating of Polyvinylsiloxane Impressions and Accuracy of Dies," A. H. L. Tjan, T. Li, and G. I. Logan; "Thermal Contraction Coefficients of Various Brands of Polyvinylsiloxanes," A. H. L. Tjan, T. Li, and G. I. Logan.

### Medical technology...

Continued from page 3

Dominguez Hills State University was the question moderator. Richard Hubbard, PhD, from Loma Linda University was the California Society for Medical Technology student bowl coordinator for this event.

### An invitation

The editors of *Today* welcome suggestions for news or feature stories. Please call 824-4526, or write:

Editor, *TODAY*  
Loma Linda University  
Loma Linda, CA 92350

## SDA professional secretaries' seminar slated for May 17

The Association of Seventh-day Adventist Professional Secretaries will hold a meeting on Wednesday, May 17, 1989, beginning at 5:30 p.m. with a fruit and salad / muffin buffet.

Guest speaker will be Gail Mangham, a specialist in fine arts. Ms. Mangham will speak on "Voice and the Professionals."

"This seminar promotes communication skills, develops confidence, and creates an improved vocal image," says Barbara Horzen, president of the association.

"This is a working, hands-on seminar," Ms. Horzen says. "Wear comfortable clothing such as gym wear or jogging clothes."

Cost for the evening is \$10 for members and \$13 for non-members. Further information may be obtained by calling Ms. Horzen at 824-4010.

### LLU spring photo show to be May 21

The Loma Linda University Spring Photography Show is scheduled for Sunday, May 21, beginning at 7 p.m. in Gentry Gymnasium on the Loma Linda campus.

The show is open to all Loma Linda University students, faculty and staff from both campuses. Entry deadline is May 14. Entries may be left at the Gentry Gymnasium service desk.

Entry categories include human interest, wildlife, and nature. All entries should be mounted with matte board or framed.

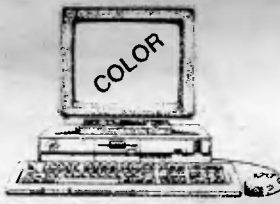
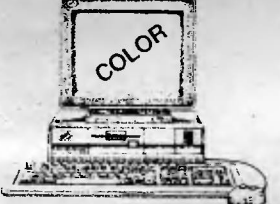

The show is being sponsored by the Loma Linda University Photography Club.



Kay Kuzma, EdD, founder and speaker of *Family Matters*, a daily radio program aired nationwide, and adjunct associate professor of health promotion and education in the School of Public Health (second from left), presents a copy of her new book *Building Your Child's Character From the Inside Out* to Marion Poos, a 23-year-old School of Public Health student. Dr. Kuzma dedicated her new book to Marion because "she is someone special." Ms. Poos, a cancer patient, has been fighting the disease for some time. Through terrible odds, including having her leg amputated, Ms. Poos' goal is to finish her doctorate in public health. "On her way she befriends others," Dr. Kuzma says, "with little notes like: 'Roses are red, the sky's getting blue, the week's going to be great, and I love you.' Marion knows how to play the game of life. Marion has a will — a strength of character — that won't give up." Joining the presentation ceremony is Jan W. Kuzma, PhD, professor of biostatistics, and Edwin H. Krick, MD, dean, School of Public Health.

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	<p><b>PS/2 Model 30 286</b></p> <p>The 8530-E21 includes 1 Mb memory, an 80286 (10 MHz) processor, one 3.5" diskette drive (1.44 Mb), 20 Mb fixed disk drive, IBM Mouse, 8513 Color Display, DOS 4.0, Microsoft Windows/286, Word and hDC Windows Express™. <b>Software is loaded and ready to go!</b></p>	<p><b>List Price</b></p> <p>\$4,437</p>	<p><b>Your Price*</b></p> <p>\$2,399</p>
	<p><b>PS/2 Model 50 Z</b></p> <p>The 8550-031 includes 1 Mb memory, an 80286 (10 MHz) processor, one 3.5" diskette drive (1.44 Mb), 30 Mb fixed disk drive, IBM Mouse, IBM Micro Channel Architecture™, 8513 Color Display, DOS 4.0, Microsoft Windows/286, Word, Excel and hDC Windows Express. <b>Software is loaded and ready to go!</b></p>	<p><b>List Price</b></p> <p>\$6,117</p>	<p><b>Your Price*</b></p> <p>\$2,799</p>
	<p><b>PS/2 Model 70 386</b></p> <p>The 8570-E61 includes 2 Mb memory, an 80386 (16 MHz) processor, one 3.5" diskette drive (1.44 Mb), 60 Mb fixed disk drive, IBM Mouse, IBM Micro Channel Architecture, 8513 Color Display, DOS 4.0, Microsoft Windows/386, Word, Excel and hDC Windows Express. <b>Software is loaded and ready to go!</b></p>	<p><b>List Price</b></p> <p>\$8,912</p>	<p><b>Your Price*</b></p> <p>\$4,449</p>

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## Five SPH students receive Hulda Crooks Award grants this spring

Five LLU School of Public Health students received tuition grants through the Hulda Crooks Award during spring quarter, 1989. A sixth student received a grant through the Dean's Fellowship fund last fall.

Full award recipients from the Hulda Crooks Scholarship fund include Camillyn Dale, RN, and Lorrie Hinkleman. Half awards were given to Maryanna Gabriel, Deborah Hoover, and Judith McDonough. Janine Ledoux received the Dean's Fellowship award.

Full award recipient Camillyn Dale, RN, with a 3.98 grade point average (GPA), is an MPH degree candidate with a double

major in nutrition and health promotion. She is also pursuing exercise and fitness instructor certification through the American College of Sports Medicine. Ms. Dale is also planning to write the American Dietetic Association Registration Examination to become a Registered Dietitian. She is anxious to use her professional skills in nutrition, health promotion and fitness in helping her in preventive health care programs, both in the US as well as in third world countries. In addition to her academic excellence, Ms. Dale has been involved in significant international and local community activities.

Full award recipient Lorrie Hinkleman, with a 3.95 GPA, is an experienced elementary school teacher. She is an extremely competent and dedicated MPH/DHSc student, according to her major professors. She also teaches health science for California State University, San Bernardino. She has previously been a health promotion department community lab leader, attesting to her strong organizational and interpersonal skills. As a wife and mother, she balances her academic, professional, personal, and spiritual life. She is seen as a model of Christian commitment to health promotion.

Dean's Fellowship recipient Janine Ledoux is a doctor of public health student with a 4.0 GPA. This award is given each fall to new students. Ms. Ledoux has demonstrated her interest in physical fitness and health promotion through her personal commitment to exercise as well as team activities. She is also affiliated with several professional organizations (i.e. the American Heart Association, Cancer Society, and the American Lung Association). Prior to coming to Loma Linda, she was employed by a company as the Health and Fitness Director.

Half award recipient Maryanna Gabriel has a GPA of 3.78 and over 12 years' experience in teaching and vocational counseling. Her clients have included prisoners, drug abusers, stroke victims, mentally and emotionally handicapped children, pregnant teens, and diabetics.

Half award recipient Deborah Hoover, with a GPA of 3.77, has always been interested in a

health-related career. She has had overseas experience in teaching and intends to capitalize on this upon completion of her MPH by teaching and directing health programs in hospitals, health maintenance organizations, and private corporations.

Half award recipient Judith McDonough, with a 3.78 GPA, has a life membership in the California Scholarship Federation and Alpha Gamma Sigma. She has made the Dean's list throughout her academic endeavors. She has volunteered in Mexico, through La Liga International, and in various US community organizations. She chose to continue her education at Loma Linda University because she believes "it to be an institution of moral excellence and high credibility. It is well known in the health care community to be of eminent academic integrity. It conveys an atmosphere of conservative values reflecting a Christian orientation and purpose."

## Two LLU theologians contribute to Zondervan book on Arminian theology

Two Loma Linda University theologians contributed essays to a new book on Arminian theology just released by Zondervan Publishing House, entitled *The Grace of God and the Will of Man: A Case for Arminianism*.

Arminianism is a theological position which affirms human freedom, in reaction to the divine determinism characteristic of Calvinist theology.

Fritz Guy, PhD, associate pastor of the Loma Linda University Church is the author of the piece entitled, "The Universality of God's Love." And Richard Rice, PhD, professor in the School of Religion, wrote the essay, "Divine Foreknowledge and Free-will Theism."

The editor of this symposium volume, Clark H. Pinnock, is a well-known evangelical scholar. In his introduction to the book, Mr. Pinnock writes, "Seventh-day Adventists like Fritz Guy and Richard Rice are often shunned by other evangelicals as theologically suspect at certain points."

"I hope that our readers' discovery of the excellence of their theological insights and convictions will help to bring our communities closer together. Both of these scholars articulate an eloquent and moving plea to

place the love of God, rather than omnipotence as such, at the center of our thinking."

Drs. Guy and Rice are both alumni of Loma Linda University's College of Arts and Sciences, the Seventh-day Adventist Theological Seminary at Andrews University, and the University of Chicago Divinity School. Dr. Guy has served as professor of theology and dean of the College of Arts and

Sciences at the University. Prior to assuming his present position at the University Church, he was professor of theology at the Seventh-day Adventist Theological Seminary at Andrews University.

Dr. Rice joined the University faculty in 1974 and currently serves as professor of theology in the School of Religion's department of theological and historical studies.

## 'Image of Christian Nursing' is continuing ed course theme

"The Image of Christian Nursing" is the theme of the Monday, May 22, 1989, continuing education course for nurses. A total of 6.5 contact hours will be given and all lectures will be held in the Del Webb Memorial Library faculty reading room, according to Penny Miller, RN, PhD, continuing education director for the School of Nursing.

The keynote address will be given at 9 a.m. by Fay Bower, PhD, dean, School of Nursing, University of San Francisco. Her topic is "The Image of Christian Nursing."

At 10:15 a.m., Glendale Adventist Hospital staff nurse Mary Berg Fraser, RN, BSN, will

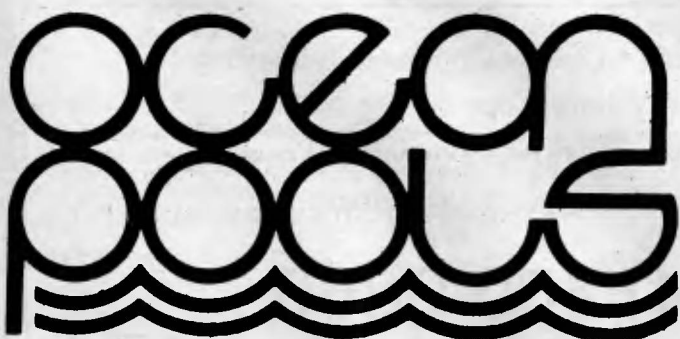
present "Christian Nursing: Defining the Image."

Following a lunch break, Gerald Winslow, PhD, will begin the one o'clock afternoon session with "Christian Nursing: Developing the Image." Dr. Winslow is a professor of ethics, LLU School of Religion.

At 2:30 p.m., Carla Gober, RN, MPH, will speak on "Christian Nursing: Portraying the Image." Ms. Gober is a spiritual care nurse specialist at Loma Linda University Medical Center.

This series is sponsored by Adventist Health System West, the Association of Seventh-day Adventist Nurses—Inland Empire Chapter, Christian Nurses Fellowship, and Loma Linda University School of Nursing. For more information, please contact Dr. Miller at the School of Nursing, (714) 824-4360.

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## New plan set to help finance nursing students' education

In a wide-reaching program to provide nursing students with convenient, affordable education financing, the American Association of Colleges of Nursing has just announced a new, comprehensive education loan plan, the Nursing Education Assured Access Program.

The plan will enable students enrolled in baccalaureate and graduate-degree nursing programs and their parents to obtain, from a single source, three types of federally sponsored education loans and one of the nation's lowest cost private education loans. Under the plan students can obtain federally sponsored Stafford Loans (formerly, Guaranteed Student Loans) and SLS (Supplemental Loans for Students) loans, and parents can obtain federally sponsored PLUS loans and private FamilyEd Financing loans.

The Nursing Education Assured Access Program assures maximum convenience, keeps borrowing costs to a minimum, and provides access to flexible repayment options. The plan has a number of attractive features:

1. A special cost-containment provision for postponing the capitalization of accrued interest until the time deferred loans enter repayment status, resulting in substantial savings in interest costs compared with most conventional PLUS and SLS loans.
2. Access to the FamilyEd Financing Program, a low-cost source of private education loan funds for credit-worthy families who have already applied for all of the state and federally sponsored financial assistance plans available to help them pay for college.
3. Automatic eligibility for Sallie Mae's SMART LOAN R Account, which enables student borrowers whose loans meet certain

criteria to substantially reduce—by up to 40 percent / initial monthly payments, through loan consolidation.

For more information, students should contact the Financial Aid office or the School of Nursing.

### Student Association slates meetings on 1844 and 1888

Authors Clifford Goldstein and Arnold Wallenkampf will be on the Loma Linda campus in May to present weekend seminars sponsored by the Student Association.

Clifford Goldstein's series, "1844 Made Simple," will begin on Friday evening, May 12, 1989, at 7:30 p.m. in Linda Hall, adjacent to the Campus Hill Church. Saturday morning he will speak at 11:15 a.m. in the Randall Visitors Center, and at 3:00 p.m. that afternoon he will speak in Linda Hall.

Mr. Goldstein recently published two books: *1844 Made Simple*, and *The Saving of America*. He serves as editor of *Shabbat Shalom*, a Seventh-day Adventist publication.

Pastor Wallenkampf, retired associate director of the Biblical Research Institute, will present a special series on "The 1888 Message of Justification by Faith" May 19 and 20. The Friday night meeting will begin at 7:30 p.m. in Burden Hall. Saturday he will speak for the 11:00 worship service at Chapel Church in Burden Hall, and will conclude his series that afternoon at 3 p.m. in Burden Hall.

Two recently published books by Pastor Wallenkampf include *What every Seventh-day Adventist Should Know About 1888* and *Justification by Faith*.

For more information, contact the Loma Linda University Student Association.



Ardis E. Walsh (seated) presents a check to Joyce W. Hopp, PhD, dean, School of Allied Health Professions, for the establishment of the Walsh / Looock Scholarship Endowment Fund to aid students in the clinical laboratory sciences. Born in Indiana, 86-year-old Ms. Walsh grew up on a ranch in the state of Idaho. She moved to San Bernardino in the early 1940s where she worked at a laboratory technologist at San Bernardino County Hospital. During this period, she became good friends with Doris Looock, a long-time San Bernardino resident. After Ms. Walsh and Ms. Looock retired, the two ladies traveled extensively — visiting the many countries around the world. Both of them were members of a local photography club and were excellent photographers. Ms. Looock, upon her death, left approximately \$20,000 to Ms. Walsh. Ms. Walsh felt that since the money was a gift to her, she should make the best possible use of it. She used part of the funds to assist a medical student at the Seventh-day Adventist medical school at Montemorelos; the remainder Ms. Walsh donated to the School of Allied Health Professions for the establishment of this fund. With Dr. Hopp and Ms. Walsh is Donald G. Prior, vice president for advancement at Loma Linda University.

The dean's list for the department of physical therapy in the School of Allied Health Professions has named 38 students who have a course load of 10 or more units and a GPA of 3.50 or better:

LaNaya Achord, Grace Arase, Teri Baugher, Leonard Bridges, Chester Brown, Angelia Burke, Robert Burton, Cora Chow, Sheila Cotrell, Miven Donato, Ted Ellquist, Nonoy Famisaran, Alvin Foster, Cathy Garcia, Julie Gisler, Lan Goei.

Melissa Harman, Michelle

Harris, Heidi Hensel, Bradley Hoskinson, Patricia Hoving, Jerry Ivy, Shawn Kinimaka, Karen Kremer, Ellen Laida, Gregory Larsen, Julie Lawson, Roberta Little, Everett Lohman, Arthur Mabaquiao, Bradford Martin, Kelly Martin, Edwin Meelhuysen, David Nelson, Janet Nelson, Anna Ovalle, Azucena Ramirez, and Wendle Rasmussen.

Also, Dianna Sahhar, in health information administration, is added to last week's list in TODAY.

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## Six SE credentials programs receive maximum six-year approvals

The California State Commission on Teacher Credentialing, the state governing and accrediting agency for Loma Linda University's School of Education, announced on April 26 that the six credentials programs offered through the School of Education have received continued approval for the next six years, the maximum term available, according to Wallace Minder, EdD, dean of the school.

This announcement followed a three-day evaluation visit by a 21-member team of educators from throughout California, under the leadership of Phil Fitch, PhD, of the California State Commission.

Seven individual teams, consisting of a team leader and one or two others, met with faculty, students, staff, and advisory boards of the School of Education's six credential-granting programs on the La Sierra campus and three others on the Loma Linda campus. The School of Education's programs that were evaluated are multiple subjects for elementary teaching; single subject for secondary teaching; special education specialist; administrative services; pupil personnel services / counseling; and pupil personnel services / school psychologist.

The teams also evaluated three credential programs used in schools on the Loma Linda campus. These are the school nurse program in the School of Nursing and the School of Public Health jointly, and clinical speech pathology and speech pathology / special class authorization in the School of Allied Health Professions.

As is expected of any evaluation process, the visiting teams gave certain recommendations and conditions for several of the programs, such as developing a field service handbook, establishing a specialized advisory board, or implementing a new advisement program. These conditions, which are recognized by the commission as areas of concern that "do not directly affect the quality of candidate preparation" and "can be easily remedied" will be met within the next three to six months.

According to James Scott, EdD, chairman of the department of educational foundations and research, credentials officer, and evaluation coordinator for the University, the team's comments were extremely positive.

"They were impressed with three things: the quality of our programs, the quality of our students, and the quality of our faculty," Dr. Scott says.

He added that the evaluators were also highly impressed with the availability of the faculty to their students and their obvious personal concern for their students' academic progress and future professional goals.

### Honors program seniors to be featured May 31

"We are very pleased with these results," said Dr. Minder. "And in view of the team's written comments about our outstanding programs and considering the number of credentials candidates who travel long distances to other universities for their credential programs, we are happy to be able to continue offering full state credentialing programs throughout the Inland Empire."

On Wednesday, April 12, the La Sierra campus women's residence halls staff honored their graduating seniors at a special Senior Tribute program held in the Commons on the La Sierra campus.

Following a welcome by Verna Barclay-Reid, head dean of women, Beverly Buckles, from the department of psychology, gave a short talk. Each of the graduating seniors was then presented with flowers by a representative from her major department.

In addition, Renee Pritchard, a 1988 graduate from the La Sierra Campus, performed two musical selections, and refreshments were served.

"We simply wanted to show our appreciation for each of the young women who have been with us here at La Sierra, and let them know that we are proud of what they have achieved," said Sue Curtis, one of the women's deans.

The Loma Linda University Honors Program has announced that it will feature its graduating seniors in a special program on Wednesday, May 31, from 4 to 7 p.m. in the Visual Arts Center, room 102, on the La Sierra campus.

The program is designed to give each of the seven graduating honors students an opportunity to make a public presentation about his or her senior project. These projects range from art major Daniel Aldana's large-scale painting, to psycho-biology major Tom Steinecke's research of host preference in fruit flies, to psychology major Paul Mallery's psycho-social testing of helping behavior in 3rd and 6th graders.

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## More than 40 students accepted into new occupational therapy class

More than 40 students have been accepted for the new class of occupational therapy, School of Allied Health Professions, for the bachelor's degree occupational therapy program and for the certificate occupational therapy program.

Bachelor's occupational therapy students join the program with two years of college completed and finish professional studies in 24 months. Certificate students already have their bachelor of science degree and join the bachelor of science students in professional studies.

The two-year professional program starts June 19 with an eight-week gross anatomy course for occupational and physical therapists. Five academic quarters, including one day per week in fieldwork and two 12-week clinicals, prepare the student for the national certification board.

Students accepted for the 1991 class include:

(Andrews University): Jill Edler, Shelley Sewell; (LLU - La Sierra): Anthony Bedoya, Susan Champlin, Tammy Garza, Esther Lee, Edmoly Plantijn, Mel Jean Primero, Vilma Villegas.

(Pacific Union College): Teresita Davis, Stanley Styadi, Lynda Tsuha, Elaine Wersche-wikin; (Southern College of SDAs): Norivet Alvarez; (Union College): Laurie Edwards, Juliann Hanson, Michael Hieb, Sherri Rogers; (Walla Walla College): Janelle Stilson; (Kettering College of Medical Arts) Bonnie Stephan.

(Area community colleges): Andrea Castellano (Riverside Community College [RCC]), Janet Downey (San Bernardino Valley College), Camille Harris (RCC), Suzanne Kasky (RCC), Donna Kastner (Crafton Hills),

Gisela Ridder (Crafton Hills), Susan Rothschild (RCC), Jean Torres (Chaffey College).

(Other colleges): Carrie Bartlett (California State University, Northridge), Sharon Bogan (Bakersfield), Machel Cinko (Northern Arizona University), Joyce Digby (Chicago City Wide), Patricia Feeley (Oregon State University), Christine Garcia (Long Beach City), Alma Gonzalez (San Diego Mesa), Julie Lawlor (University of San Diego), Lori Martin (Orange Coast), Stephanie Pascal (California State College,

Bakersfield), Freda Ross (Pomona), DeeAnn Roth (East Montana), Diann Snyder (Iowa State University), Marla Stotzer (California State College, Pomona), Deborah Urquidi (Pasadena City College).

Additionally, the second class of occupational therapy assistants is now forming. Seven students have been accepted to date for the one year technical program which starts September 18.

Students enter after one year of college and finish the program within 12 months, which includes two six-week clinical

fieldwork assignments. Although certified occupational therapy assistants are in high demand (10 jobs wait for each graduate), a small class of 15 is projected to assure quality academic and clinical education.

After successful completion of the certification exam, the occupational therapy assistant has a choice of service areas in pediatrics, psychiatry, physical disability rehabilitation, hand and work therapies, and geriatrics. A salary beginning at \$21,000 is attracting many women who are interested in ready entry into a

health career. Young men are finding a place on the health care team that gives them immediate employment with opportunity to use their hands and skills to help the ill and disabled be more independent in daily living activities.

Accepted to date: (LLU - La Sierra): Fred Batiller, Roberto Cordero, Fernando Fernandez, Claudia Maritato; (Union College): Guirla Jean Pharuns; (Crafton Hills College, Yucaipa): Robert Cardona; and (Fullerton College, Fullerton): Monica Fuentes.

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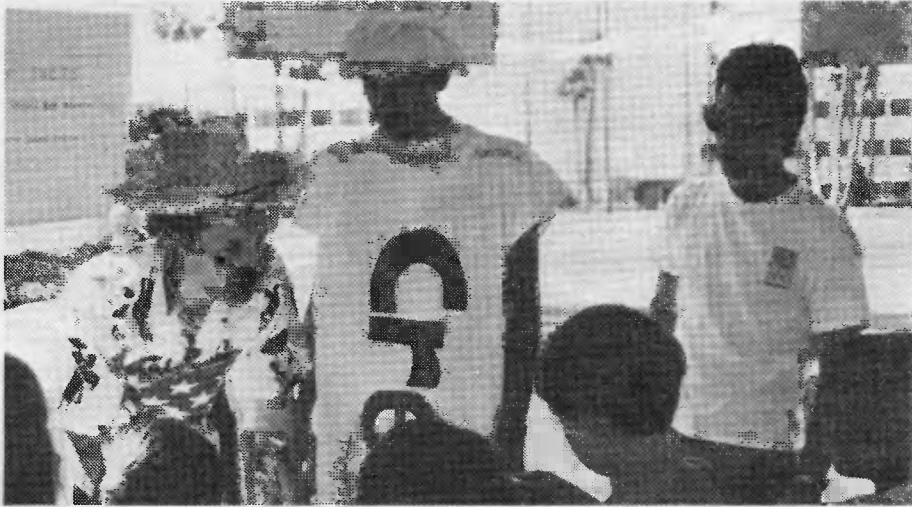
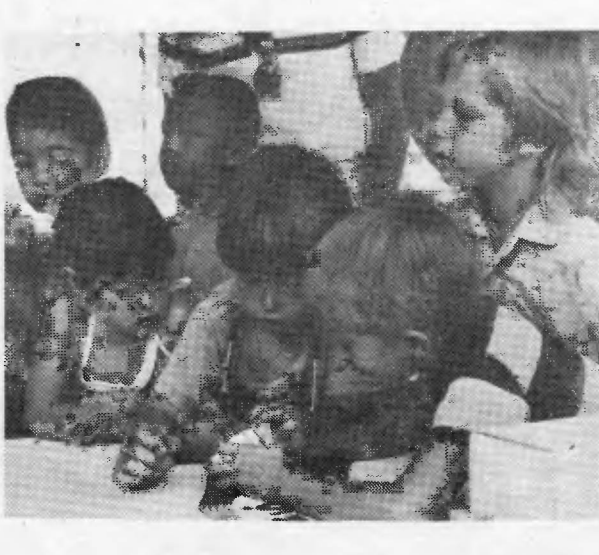
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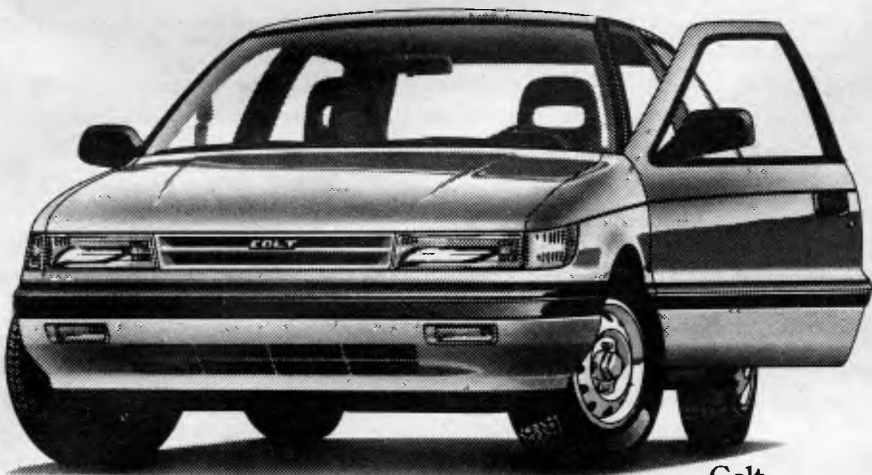




More than 100 students from Azure Hills School participated in Community Dental Health Day, sponsored by the School of Dentistry as a part of

Hulda Crooks Fitness Week. The children received free dental kits, enjoyed lively puppet shows, and learned about cavity-causing foods.

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# Focus on Fitness

*Loma Linda University's recent Fitness Emphasis Week (April 30 - May 5) featured a variety of screening programs in which over 1,000 community residents participated. LLU TODAY is pleased to provide this additional information on fitness and prevention to its readers.*



## Cancer: a preventable illness?

by Linda Ferry, MD  
director of preventive  
medicine residency program

If you could prevent suffering and a premature death for the people you care about, wouldn't you choose to protect them? Would you do this for yourself if it meant changing something in your life that you enjoyed? As for many forms of illness or injury, most cancer can be prevented. Let's review what you need to know to develop a cancer-free lifestyle.

Cancer is a disease caused by the abnormal growth of cells in almost any part of the body. The mysteries which surround the ways in which cancer first starts are not totally clear. Although we have information about the causes of some types of cancer, we are far from identifying all sources. In spite of the continuing effort to find and eliminate the causes of cancer, much of the information already available to live a cancer-free life is disregarded by the very people who could benefit most.

Cancer is the number two cause of death in the United States, with almost half a million deaths annually. Heart disease is number one with three quarters of a million deaths each year. Those who die of heart disease are usually over 55 years of age. However, when the age at death

of these two causes are compared, cancer kills more people at a younger age. This loss of life in the young and productive years is tragic when you remember that many forms of cancer are preventable. Premature death is most obvious when you consider that ten percent of all childhood deaths are due to cancer.

The four most common cancers which cause premature death are lung, breast, colo-rectal and prostate. There are several tests recommended for early detection of these cancers.

**Women** should examine their breasts every month for the development of new lumps and begin having mammography exams at age 35 or earlier if a mother or sister had breast cancer. The pap smear test for cancer of the cervix and pelvic exam should be done as advised by your physician.

**Men** should regularly examine their testes for any lumps or changes in size. A rectal exam can detect changes in the prostate gland. Men are not excluded from developing breast cancer and should report any changes around their nipple area to the doctor.

Both men and women should be checked yearly for blood in the stool after age 40 and have screening sigmoidoscopy exams after age 50. Some estimate that regular screening

sigmoidoscopy could save more lives than any other test during a physical examination.

Skin cancer is the most common form of cancer and any change in the texture or color of the skin should be reported to your doctor quickly. Most skin cancers are not life threatening and can be removed easily.

Although chest x-rays were used to detect lung cancer previously, by the time a cancer is large enough to be seen on an x-ray it has usually spread beyond the stage of cure. Therefore, chest x-rays are not advised to detect cancer.

The only real measure advised to prevent lung cancer is to

Cigarette smoking is the largest single, preventable cause of death and disability in this country. At least 85 percent of lung cancer is due to smoking. And since lung cancer is the number one cancer for both men and women in America, stopped smoking will make a bigger difference in reducing cancer than almost any other lifestyle change.

Before cancer cells can be detected by tests, the body's surveillance system already knows about the problem. The body is equipped with an immune system to fight cancer cells soon after they are formed. Keeping the immune system in good shape is translated into five steps:

### CANCER PREVENTION TIPS

1. Eat a well balanced diet which is high in fiber, full of nutritious food groups and neither excessive or deficient in calories.
2. Exercise regularly.
3. Get adequate rest and relaxation.
4. Learn how to cope with necessary stress and avoid unnecessary stress.
5. Avoid known injurious substances (carcinogenic chemicals, alcohol).

**STOP SMOKING** or never start. Smokeless tobacco is also now shown to cause cancer of the mouth and should not be substituted for smoked tobacco.

Waiting until cancer has grown big enough to detect by our tests does not make much sense if we could prevent cancer from starting in the first place by simple

healthful living, right? The formula consists of eating properly, playing hard, working moderately, and avoiding harmful chemicals that can contribute to cancer.

Cancer research in the last 50 years has taught us several important facts that Americans must face.

First, many types of cancer can be detected in early stages and removed before serious harm occurs.

Second, the environment to which we expose ourselves is responsible for some cancer risk, such as excessive sunlight, tobacco use, viruses, and cancer producing chemicals.

Third, our typical American diet, which often leads to obesity, (high in fat, low in fiber), may be a contributing factor to many forms of cancer.

Fourth, if cancer is diagnosed there is no reason to abandon hope. Cancer treatment is advancing steadily.

The National Cancer Institute has set a target to reduce cancer by 50 percent by the year 2000. Simply by following the suggestions for a cancer-free lifestyle suggested here, you could reduce your risks and the risks of those you care about by at least 70 percent. That seems like quite a bargain in addition to the many healthy benefits you will receive day by day. Happy living to you!



# Take heart: how to decrease your risk of heart disease

by Greg Dubord, MD  
preventive medicine resident  
Loma Linda Center  
for Health Promotion

The bad news is that heart disease continues to be the number one killer in America. The good news is that each and every one of us can decrease our chances of getting heart disease, or if we already have it, can prevent it from getting any worse.

It's long been known that the three major risk factors for heart disease are cigarette smoking, high blood pressure, and high serum cholesterol. Let's discuss those factors first.

According to the Surgeon General, cigarette smoking is the worst of the three. If you're now a smoker, realize that the day you become an ex-smoker will be the day you make the wisest health

behavior change of your life. Most ex-smokers quit on their own, and the remainder quit with professional help.

You may choose to play ostrich with regards to your blood pressure, and not check it regularly. If you believe in preventive medicine, you'll know your blood pressure reading. If it is often over 140/90, you've got some decisions to make. Option "A" is to automatically begin tak-

**Three major risk factors for heart disease are cigarette smoking, high blood pressure, and high cholesterol.**

ing blood pressure medications for life (in all fairness, you may ultimately not have many other choices). Option "B" is to fine tune your lifestyle by: making sure your salt intake is near zero; stop drinking alcohol if you are a drinker; losing weight if you're overweight; begin exercising regularly if you don't; and take stress management seriously. Option "C" is to pretend that your blood pressure isn't up, to make no changes at all, and to put yourself at a significantly increased risk of heart attack.

For the majority of people, the serum cholesterol level is determined by day-to-day food choices. The person who eats primarily to nourish his or her body with low-fat, low-cholesterol food is apt to have a low cholesterol level, and a lower risk of heart disease as a result.

Unfortunately, a few people with high cholesterol levels (primarily because of heredity) sometimes have to put up with taking daily medications for life, in addition to being very careful about their diet. It's wise for you to have your cholesterol level checked by your doctor yearly, and to do whatever it takes to keep it comfortably below 200 mg/dl.

**Don't play games with stress: stress kills!**

Let's say you've never smoked (or you're an ex-smoker), your blood pressure is within the normal range, and your serum cholesterol level is well below 200 mg/dl. Here are some other things you should check to see how you're doing to help keep your heart healthy:

1. Exercise regularly. Do some aerobic exercise you enjoy—be it walking, jogging, running, cycling, swimming, rowing, or whatever—for at least 20 minutes, a minimum of three times a week.
2. Stick to a plan to rid yourself of excess body fat. If

you're carrying around excess body fat, it's reality that you'll have to eat more prudently and healthfully than you do now for the rest of your life to keep that fat off. If it has come to the point where you need professional help, have enough self-respect to get it.

3. If your blood sugar has often been high in the past (i.e. if you have diabetes mellitus), make it a priority to keep it within normal range by following the advice of your doctor.

4. Don't play games with stress: stress kills. If you've got a hunch that your stress management skills aren't up to par, enroll yourself in a stress management class, such as the one offered by the Loma Linda Center for Health Promotion. Call 824-4496 for more information.

All of these risk factors for heart disease have something significant in common: we can modify each one of them if we choose. Sadly, however, there are two factors we can't control: our sex and our genetic heritage. If you're male, or if you have a strong family history of heart disease, you're advised to work a little harder at reducing the controllable risk factors to keep out of trouble.

## Add quality years to your life: seven steps toward a healthier lifestyle

by Glenn E. Kerr, MD  
preventive medicine resident  
Loma Linda Center  
for Health Promotion

A healthy lifestyle consists of various components, all of which are necessary for a balanced total health experience. Many people feel that total health is wrapped up in a proper diet. Others feel that if they exercise vigorously they can eat what they want and still be living a healthy lifestyle.

Others feel secure because they don't drink alcohol or use illicit drugs. Actually, these elements are only some of the factors that contribute to health. Being truly fit means incorporating all elements into the lifestyle.

A person who exercises moderately also needs adequate rest and plenty of water for both external and internal hygienic needs. Proper nutrition is also

important.

Air quality is an important consideration when planning an exercise program. In the morning, the ozone is in relatively high concentrations. Following the traffic of the day, we find oxides of nitrates increasing. Both of these are irritants to the respiratory tree.

Moderation in all aspects of life will help ensure a healthy outcome. Begin changes now, before trouble strikes. Healthful living requires a daily commitment. For most people, moderation in exercise means being more active than they are at present.

Pushing an extreme in any area—diet, exercise, water, etc.—leads to discouragement with a fitness program.

Here are a few suggested changes to help you moderate your lifestyle:

1. Exercise. Begin with a modest walking program until

you can get an exercise prescription from your doctor.

2. Nutrition. Use saturated fats sparingly and use more unrefined foods.

3. Water. Drink an optimum of six to eight glasses a day.

4. Rest. Seven to nine hours per night is best for most people.

5. Air. When possible, exercise in clean, fresh air, or at least when smog concentrations are at low levels.

6. Sun. Don't overdo and risk prematurely aging the skin. Don't avoid, thus denying our bodies of needed vitamin D that the sun provides.

7. Spiritual development. Take time to find inner peace. This may aid our immune systems in defending our bodies against disease.

You can add quality years to your life by following this lifestyle prescription. Remember, good health is not a gift, it is earned.

Cholesterol and triglyceride screenings are offered the first Tuesday of every month from 7 a.m. to 12 noon in Linda Hall, adjacent to the Campus Hill Church of Seventh-day Adventists in Loma Linda. Each test costs \$6. An overnight fast is required for the triglyceride test only. This program is provided as a service to the community by LLU School of Public Health. For more information, call (714) 824-4994.

## Expo draws record crowd...

*Continued from page 1*

School of Medicine; oral and dental screening, by School of Dentistry; fitness testing, by Loma Linda Fitness Center; and pap smears, by LLUMC surgical pathology department and LLUMC administration.

Immunizations were provided by San Bernardino County Public Health Department. A total of 171 volunteers, the majority of whom were nursing, medical, dental, or allied health professions students, assisted at the Fair.

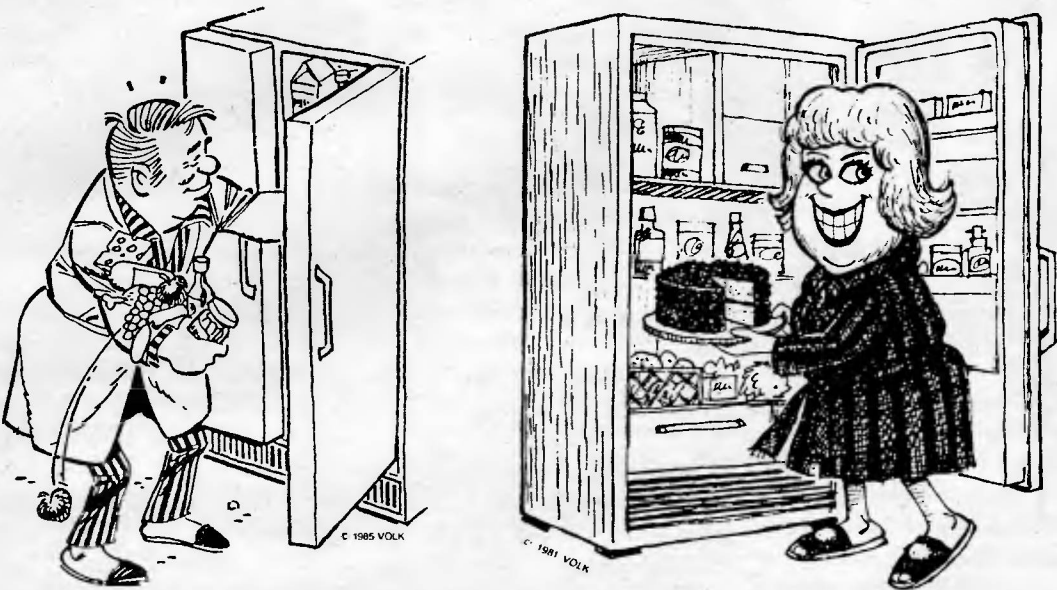
During the Fair, the physical therapy students provided activities for everyone to participate in during the "Unparade," which took place on Stewart Street outside the Gym.

Health Fair Expo has become a yearly tradition in the Southland since its beginning 12 years ago. The purpose is to pro-

vide early detection of potential health problems, and to promote health education and action toward improved health. The screenings are not intended to replace a thorough physical examination.

Participants with apparent abnormalities which were discovered at the Fair are encouraged to consult a health care provider. Follow-up calls over the telephone will be made during the next five weeks to determine whether or not participants with abnormalities understood the screening results.

Loma Linda University was just one of more than 100 Health Fair sites participating in the 12th annual Health Fair Expo. Sponsors for the fairs include Chevron USA, Inc., the American Red Cross, KNBC-TV (Channel 4), and the Hospital Council of Southern California.



The typical American diet, which is high in cholesterol, fat, and sugar, is a major cause of heart disease, the number one killer in our nation today.



## A look at the alternatives

# Exercise: advantage or jeopardy?

by David C. Nieman, DHSc  
professor of nutrition  
School of Public Health

If someone offered you a magical substance, claiming guaranteed results for a lengthened quality of life, a 50 percent decrease in risk of heart disease, a dramatic improvement in oxygen delivery to body muscle cells, decreased mental anxiety and depression, and lowered blood pressure and cholesterol levels — would you first of all believe that such a potion really existed? And if medical evidence supporting these claims could be provided, would you be willing to sacrifice time and effort to obtain this health saving nostrum?

Such a potion does exist, and although time and effort are involved, it can be obtained very inexpensively. Exercise, in particular aerobic exercise such as brisk walking, jogging, swimming, bicycling, and aerobic dance, is this "wonder drug." And the spectacular benefits are available to all who use the "potion" three to five times per week.

However, the use of this "drug" has been associated with many potential side-effects, especially when too much is taken. Pain in muscles, joints, and tendons is a real possibility. Use during hot and humid weather is contraindicated. Large doses during

pregnancy may harm the growing fetus. And for those at high risk for heart disease, use of this substance can imperil life itself.

In this article, the real truth about aerobic exercise will be summarized. You've probably read the newspaper reports about exercise author Jim Fixx, and Pete Marovich, the well-known basketball player, both of whom died of heart attacks during exercise. Countless other media reports have emphasized the injury woes of top athletes, the potential for heat exhaustion and collapse during exercise by runners during competitive races, and other ill effects associated with exercise.

### Active people tend to eat slightly more than inactive people.

Many Americans, especially the millions who have joined the exercise movement have become confused by such reports, and are searching for answers.

Medical science has carefully weighed both the benefits and risks of exercise to provide answers to most of the questions being asked by the exercising public. Before summarizing this evidence, an important underlying principle should be

understood (see figure). The benefits of exercise far outweigh the risks when moderate exercise programs are engaged in regularly by adults. However, with increasing amounts and intensity of exercise, the risks expand exponentially. The bottom line? When you engage in daily moderate aerobic exercise such as brisk walking for 30 to 45 minutes, you will realize many more benefits than risks.

However, if you undertake an aerobic exercise program that is excessive in amount (usually more than 45 minutes) and intensity (e.g., very hard running or aerobic dance), the potential for experiencing the various risks of exercise escalate sharply.

Notice that the chart in this article balances the benefits and risks for 12 areas of health and disease. A "surety rating" is given with each benefit or risk which is an estimate of the strength of the medical evidence supporting the various statements. A brief summary of each of the benefits and risk for the 12 areas follows.

• **Cardiorespiratory System.** The cardiorespiratory system is comprised of the heart, lungs, and blood vessels whose chief duty is to deliver oxygen to the working muscles during exercise. The evidence from numerous research papers is very firm in

support of what is called the "training effect" which translated means that with regular aerobic exercise, the ability of the cardiorespiratory system to deliver oxygen to the active muscles increases strongly.

• **Heart Disease and Risk Factors.** Regular aerobic exercise has been found to be very important in helping people to control their blood pressure and blood lipid profiles. There is even some evidence to suggest that smokers who start exercising may have an easier time in leaving off their cigarettes. The Centers for Disease Control in Atlanta, Georgia, recently surveyed all of the medical literature that examined the relationship between exercise and heart disease. They concluded that the risk for heart disease is doubled for inactive as compared with active people. In fact, regular aerobic exercise was found to be just as important as smoking cessation, high blood pressure control, and blood lipid management in preventing heart disease.

However, for people who are at high risk for heart disease, vigorous aerobic exercise has been found to be a promoter of sudden death from heart attack during the exercise bout. So what is the practical advice in light of this information?

### Some people can develop what has been called "exercise addiction" by exercising excessively.

People who smoke, have high blood pressure, high blood cholesterol levels, and/or who have parents or siblings who have died before age 50 from heart disease should have a thorough checkup before starting an exercise program. If the physician gives approval for exercise, a moderate exercise program such as brisk walking is safer than vigorous forms of exercise such as running.

• **Obesity.** Notice that the chart lists surety ratings of "1 plus" for each of the associated exercise benefits for obesity. Counter to what many people think, exercise has actually been shown to be less important than diet in both preventing and treating obesity.

Most studies have shown that while aerobic exercise improves the overall health of the individual trying to lose weight, change in dietary habits, especially reduction in dietary fat intake (oils, margarines, high fat

dairy and meat products, etc.), provides the real power in the battle of the bulge. Exercise affects the basal metabolic rate very little after the session is over. In fact, after a two mile jog, only 10-15 extra calories are expended during recover (which takes about 30 minutes). And despite what you may have heard, regular exercise training does not decrease the appetite.

Although you may feel like eating less immediately after the exercise bout, as the weeks pass by, active people tend to eat slightly more, not less, than inactive people. There is a small risk that obese people may injure themselves during exercise because of the excessive strain on their muscles and joints. For this reason, "non-weight bearing" exercises such as bicycling or swimming are recommended for overweight people.

• **Psychological.** Evidence is mounting that people who engage in regular aerobic exercise have increased feelings of vigor and improved self-concept, with lowered feelings of anxiety and depression. There is some research to suggest that one's ability to think and reason is improved during and immediately following exercise, but this is probably short-term. There is little if any evidence to support the contention that sleep is improved when people start up an exercise program. Neither is there evidence to suggest that people with substance abuse problems can more easily conquer their habits of abuse with exercise. Some people can develop what has been called "exercise addiction" by exercising excessively.

Despite feelings of chronic fatigue and associated problems in performance at work or in social relationships with friends and family, such individuals persist in their excessive program of exercise.

• **Musculoskeletal.** One of the chief risks associated with excessive exercise is injury of the joints, ligaments, tendons, and muscles of the feet and legs. Most studies show that activities that require jumping and running such as aerobic dance and jogging promote the most injury. Moderate exercise can improve the health of the bones, however, increasing their amount of mineral content. The amount of minerals in the spinal bones usually decreases as one gets older, but regular exercise has been shown to help slow down this loss.

A few studies suggest that elderly women who have osteoporosis (very low bone mineral content leading to frac-



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Regular aerobic exercise has been found to be very important in helping people to control their blood pressure and blood lipid profiles.



# Exercise: advantage or...

tures) can actually partially reverse this problem by adopting a regular exercise program. Some younger women who exercise excessively, however, tend to lose their menstrual periods which in turn leads to a decrease of bone mineral content.

Barbara Drinkwater, MD, of Seattle, has reported that the bone mineral content of 25-year-old women runners who had lost their periods was equal to that of women twice their age. Many sports medicine doctors recommend that women ease back on their exercise until their normal menstrual periods return to protect their bone mineral content.

**Nutrition.** Do people who start exercise programs also tend to make improvements in their diet? There is little or no evidence to support this common belief. Does regular exercise increase the need for vitamins and minerals above what can be obtained from the diet? Once again, there is little support for this sentiment. Iron, however, is an exception to this rule. In some athletes who exercise vigorously for long periods of time, a mild iron deficiency can develop, and upon the advice of a physician, a mild iron supplement may be needed.

**Diabetes.** Diabetics who exercise have been found to have a better ability to control their blood glucose levels. Some diabetics who require insulin injections, however, can develop very low blood glucose levels during exercise, leading to coma, if they do not carefully balance their lifestyle habits. This is why diabetics should consult with their physicians before starting an exercise program.

**Cancer.** A few recent studies are suggesting that bowel and breast cancers, two of the most common cancer killers, are less likely to develop in active as compared to inactive people. One reason may be that food passes more quickly through the intestinal tract of active people. More research is needed to explore this exciting benefit of regular exercise.

**Immune System.** Preliminary research suggests that moderate exercise like brisk walking may promote a better functioning of the immune system while excessive exercise like marathon running may depress immune function. In a study that I conducted on 2,300 Los Angeles marathon runners, flus and colds were found to be increased 600 percent in the runners who ran the L.A. marathon as opposed

to runners who decided not to run it.

**Reproduction.** Does regular exercise increase the sex drive? There is no evidence to support this common claim. To the contrary, some evidence suggests that excessive exercise may actually decrease the sex drive. As stated earlier, excessive exercise by women can lead to loss of menstrual periods. However, if the woman reduces the amount of exercise, menstrual periods usually return.

Although researchers have found that the health of the pregnant woman improves with moderate exercise during pregnancy, there appears to be no support for the belief that the baby will be healthier. However, pregnant women who exercise excessively may actually interfere with the normal development of their growing fetus.

**Environment.** Exercising in the heat and humidity can be very dangerous, leading to heat exhaustion and even death from heat stroke. Although studies show that we can adapt somewhat to exercising in the heat, it is best to avoid exercising heavily when the air temperature and humidity are high. Air pollution, especially ozone, is another environmental problem that has been associated with a temporary decrease in ability to breathe air properly.

**Aging.** The life-span is defined as the number of years one is genetically endowed to live. Life expectancy is the number of years one is expected to live at birth which is related to both genetic and lifestyle factors. Although there is no evidence that exercise will lengthen the life-span, many studies show that active people can expect to live two or more years longer than their peers due to a lower risk of dying from heart disease and other causes.

Even more important, perhaps, is the fact that an active elderly individual can possess the exercise capacity of a person 20 to 40 years younger than themselves, improving the quality of life in their remaining years.

**Conclusion.** So what is the conclusion of this matter of exercise? Many broad claims have been made regarding the health benefits of regular exercise. But as we have seen in this article, these must be balanced against the potential risks when the dosage is too high. In other words, we must be careful not to dilute the elixir with unsubstantiated claims or to make it too potent by taking too much.

# Health benefits and risks of aerobic physical activity

BENEFIT	SURETY RATING	RISK	SURETY RATING
<b>CARDIORESPIRATORY SYSTEM (HEART AND LUNGS)</b>			
Improved delivery of oxygen to active muscle cells	2+		
<b>HEART DISEASE AND RISK FACTORS</b>			
Control of blood pressure in people with high blood pressure	2+	Cardiac arrest for high risk people	
Improved blood lipid profile	2+	who exercise vigorously	2+
Smoking cessation/prevention	1+		
Prevention of heart disease	2+		
<b>OBEESITY</b>			
Prevention of obesity	1+	Injury to muscles and joints due to effect of excess weight during exercise while on feet	1+
Treatment of obesity	1+		
Increase in metabolic rate after fitness session	1+		
Decrease in appetite, short term only	1+		
<b>PSYCHOLOGICAL</b>			
Elevation in mood and vigor	2+	Exercise addiction	1+
Decrease in anxiety	2+	Mood disturbance with excessive increases in training	1+
Decrease in depression	2+		
Increase in self-concept	2+		
Improved mental cognition, short term	1+		
Improved sleep	0		
Decrease in substance abuse (OH, drugs)	0		
<b>MUSCULOSKELETAL (MUSCLES, BONES, JOINTS)</b>			
Prevention of bone mineral loss (osteoporosis)	1+	Injury with excessive amounts and intensity of exercise	2+
Treatment of osteoporosis	1+	Loss of bone mineral if woman athlete loses menstrual period	2+
		Increased osteoarthritis with long years of training	0
<b>NUTRITION</b>			
Improved quality of diet upon starting an exercise program	0	Vitamin/mineral deficiency from heavy exercise	0
		Iron deficiency with excessive exercise	1+
<b>DIABETES</b>			
Improved control of blood glucose levels in diabetics who exercise	0	Low blood glucose levels in uncontrolled diabetics	2+
<b>CANCER</b>			
Prevention of bowel and breast cancer	1+	Increased risk of cancer with excessive exercise	0
Decrease in amount of time for food contents to pass through colon	1+		
<b>IMMUNE SYSTEM</b>			
Improvement in function of immune system with moderate exercise	1+	Depressed immune function with excessive exercise	1+
		Increased risk of colds and flus with heavy exercise	1+
<b>REPRODUCTION</b>			
Increased sex drive with exercise	0	Decreased sex drive with heavy exercise	1+
Healthier baby from pregnant women who exercise regularly during gestation	0	Disturbance in menstrual cycle with heavy exercise	2+
Increased cardiorespiratory fitness in pregnant women who train during gestation	2+	Risk to fetus in pregnant women who train heavily	1+
<b>ENVIRONMENT</b>			
Physiological adaptation to the heat	2+	Heat injury in hot, humid weather	2+
		Decreased performance with stage 1 alert ozone	2+
<b>AGING</b>			
Improved heart and lung fitness in the elderly who exercise regularly	2+	Shortened life expectancy due to stress of regular exercise	0
Lengthened life expectancy by reducing risk of chronic disease	2+		
Lengthened genetic life-span	0		

0 = data do not support this viewpoint  
1+ = most data are supportive, but many reports do not support the claim  
2+ = established consensus with little or not conflicting data



## FACULTY NOTES

• **Dorothy M. Comm, PhD**, professor of English in the College of Arts and Sciences, is currently writing a book for the Review and Herald Publishing Association tentatively entitled *Gates of Promise*, which will present personality studies of the twelve sons of Jacob. The book will be finished sometime in June, and Vern Andress, PhD, professor of psychology is writing the book's introduction. In addition to her work on this book, Dr. Comm will for the third time be a guest lecturer for the Andrews University Writers' Conference in June. She will present a talk on writing autobiography, biography, and character sketches.

• A series of programs for faculty development for the School of Business and Management, begun by **Ignatius Yacoub, PhD**, dean of the school, has continued this quarter with **Norman Maberly, EdD**, from the School of Education, conducting a workshop on "Effective Classroom Testing." The key points covered by the workshop included: common concerns and policies; basic principles in the evaluation process; what constitutes a good test; and suggestions and rules for writing and evaluating test items.

• The third in a series of four papers entitled "Utilization of Free Amino Acids by Mantle Tissue in the Brachiopods, *Terebratalia Transversa* and the Bivalve Mollusc, *Chlamys Hastata*," authored by **Richard D. Tkachuck, PhD**, professor of biology in the College of Arts and Sciences, was recently published in *Comparative Biochemistry and Physiology*. This research, conducted at the Rosario Beach Field Station in Washington state, where Loma Linda University biology department faculty teach each summer, was done in collaboration with two other researchers, one from Andrews University and one from Purdue University.

Dr. Tkachuck, **Joe Galusha, PhD**, and **Ron Carter, PhD**, a new faculty member in the department, will continue the research at Rosario Beach this summer, and **David Cowles, PhD**, will teach there for the summer extension session.

• **Vernon Koenig, EdD**, professor of administration and leadership, visited South America during March. Staying at Chile College in Chillan, Chile and River Plate College in Entre Rios, Argentina, he presented the Adventist educators there with the possibilities of LLU initiating an extended campus program with them. Dr. Koenig explains that both colleges were receptive to the idea and have asked for a master's degree program in educational administration and leadership to be offered there.

• Participating in the 66th Annual Session of the American Association of Dental Schools were **William Jarvis, PhD**, chairman of public health science, School of Allied Health Professions, who

made a panel presentation on continuing education discussing "Validity of Content in Continuing Education Courses; and **George Lessard, PhD**, basic sciences coordinator, School of Dentistry, who made presentations to the section on educational research / development and curriculum, entitled "Critical Thinking and Problem Solving, Didactic Teaching Applications," and to the joint meeting of biochemistry, nutrition, and physiology, on "Matching Teaching Strategy to Student Personality."

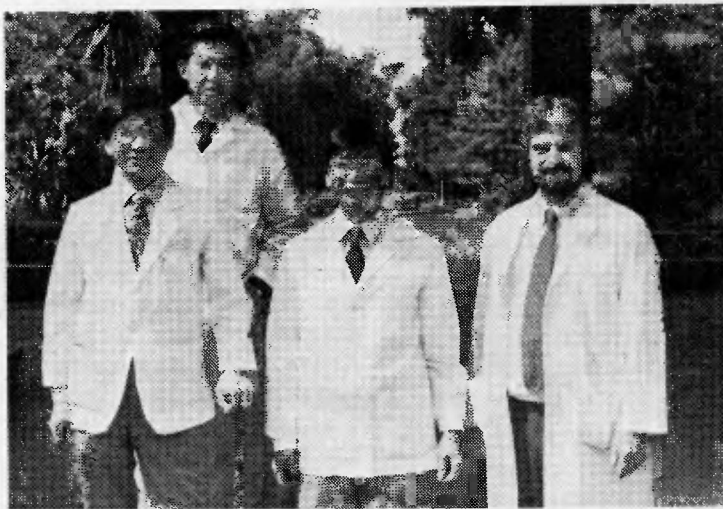
• **Richard W. Hubbard, PhD**, research associate professor in pathology and nutrition, was elected to Active Membership in the American Institute of Nutrition. The AIN is a constituent society of the Federation of American Societies for Experimental Biology. This election to membership process was conducted at the March Federation meetings in New Orleans, at which Dr. Hubbard presented a paper entitled "Plasma Amino Acid Analysis: Sample Collection and Storage."

• **Patricia Clark Foster, PhD**, associate dean for academic affairs, School of Nursing, recently presented a paper entitled "Assessing Student Outcomes in a Nursing Learning Assistance Program," in San Francisco at the seventh annual Research in Nursing Education Conference sponsored by the National League for Nursing.

• **Rebecca Eller-Murdoch**, assistant professor, and **Bernadine Irwin**, associate professor and chairman of psychology and mental health, School of Nursing, co-authored an article, "Responding to the Chemically Dependent Nursing Student," in the February 1989 issue of the *Journal of Nursing Education*.

• **Richard W. Hubbard, PhD**, research associate professor in pathology and nutrition, was nominated as member of the year by the California Society for Medical Technology, for his direction of the society's Student Bowl competition over the last nine years, at the society's recent annual state meeting held on April 14 at Midtown Hilton Hotel in Los Angeles. He will be directing the scientific sessions for the combined state and national association meetings to be held in June, 1990, in Los Angeles.

• **George Lessard, PhD**, professor of biochemistry, and **James Kettering, PhD**, professor of microbiology, were appointed by the Joint Commission on National Dental Examinations (JCND) of the American Dental Association to serve on the test construction committees in biochemistry and nutrition and microbiology and pathology, respectively. Drs. Lessard and Kettering were chosen from a large number of candidates and will serve a four-year term participating in creation of the national board examinations.



Dr. Lau poses with research associates Peck Ong, Paul Lui, and Jeff Tosk.

## Immunologists present paper on benefits of herbs in fighting AIDS

Two Chinese medicinal herbs may prove useful in the fight against AIDS due to their ability to stimulate immune cells which fight infection; their absence of toxicity, or side effects; and their already noted success in restoring immune deficiency.

Immunologist **Benjamin Lau, MD, PhD**, professor of microbiology at Loma Linda University School of Medicine, Loma Linda, California, presented the latest findings of his study of immune potentiators at the 89th Annual Meeting of the American Society for Microbiology, held May 18 in New Orleans.

Coauthors of his paper, "Enhancement of Macrophage Chemiluminescent Oxidative Burst by Chinese Medicinal Herbs," were **Paul Lui, MD**, urology resident, and **Jeff Tosk** and **Peck Ong**, research associates in the LLUSM department of microbiology.

Using an ingenious *in vitro* model with macrophage culture, Dr. Lau and his associates showed that the Chinese medicinal herbs, *Astragalus membranaceus* and *Ligustrum lucidum*, each significantly enhanced the activity of the macrophages. A synergistic augmentation, or unusually potent activity, was obtained when the two herbal extracts were combined. Subsequently, the combined extract effectively controlled the growth of a mouse cancer. Dr. Lau's lab has isolated the active components of these herbs and is currently investigating their chemical identities.

These two herbs have already been used in China in conjunction with radiation and chemo-

therapy for cancer patients, says Dr. Lau. Chinese reports have shown that these herbs will not only strengthen immunity to enhance patients' ability to fight cancer, they also protect bone marrow depression and gastrointestinal side effects associated with conventional therapy.

Because of the potent immunostimulating activity and the absence of toxicity, Dr. Lau and his associates are designing a rigid clinical protocol to evaluate the efficacy of these herbal preparations in AIDS patients.

**TODAY**

Volume 2, Number 10

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## Summer tour set for the Channel Islands...

Continued from page 1

This summer's tour will begin on Monday, August 14 on Anacapa Island, the easternmost island in the chain known for Arch Rock at its eastern tip. The second island visited will be Santa Cruz Island with its famed

Scorpion Ranch. After visiting San Miguel Island the group will return to Ventura on Friday, August 18.

**William Allen, PhD**, the museum's director, is coordinating the trip. He has made frequent trips to the Islands, both as a child, and with his own

children. He says it has long been a dream of his to "know more about the islands and see others informed about this natural wonder that lies off our California coast."

Transportation to the Islands from Ventura Harbor will be provided by Island Packers for a fee

of \$275. Since this is a backpacking expedition, each participant must provide for his own needs. Persons interested in this excursion should contact the Museum office at (714) 785-2209, and academic credit is available through the Center for Lifelong Learning.